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Bangalore Mirror

TEMP Max 31 | Min 19 | Humidity 41% Mostly Sunny Sensex 64,049 | Nifty 19,122 | Gold 60,711 | Silver 71,632 | Dollar 83.16 | Euro 87.92 | GBP 100.81

2,000-odd residents of apartment complexes in Whitefield face health hazards due to rampant burning of dumped waste

BURN AFTER DUMPING

No action after 'KSPCB apprises BBMP' in March

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The National Green Tribunal (NGT) prohibited burning of waste at open places, and announced a penalty of Rs 25,000, in 2016.

Karnataka government issued a notification banning burning of waste in 2017. Yet there is no one to prevent miscreants burning waste in the open near Varthur Kodi.

Around 2,000 people residing at different residential apartment complexes near Varthur Kodi in Whitefield ward have been exposed to potential health and environmental hazards due to burning of all types of waste at nearby vacant spots.

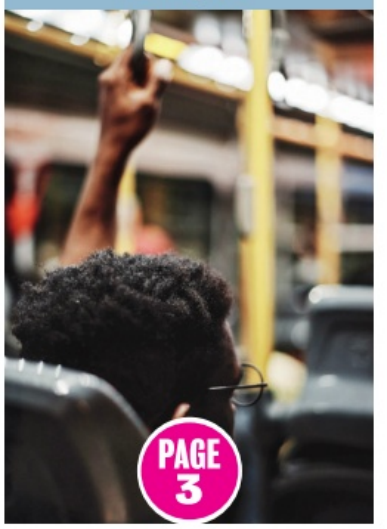
The failure of the Bruhat Bengaluru Mahanagara Palike's (BBMP) health department or solid waste management wing and the Karnataka State Pollution Control Board (KSPCB) to rein in the individuals burning waste in public has compelled the hapless residents in the vicinity to keep windows and doors of

CONTINUED ON PAGE 6 »

"We have caught on camera chemical waste being dumped and complained to pollution control board which doesn't seem to be taking any action — Vinita Ranade, apartment resident

BUS TIPS

How city rides public transport



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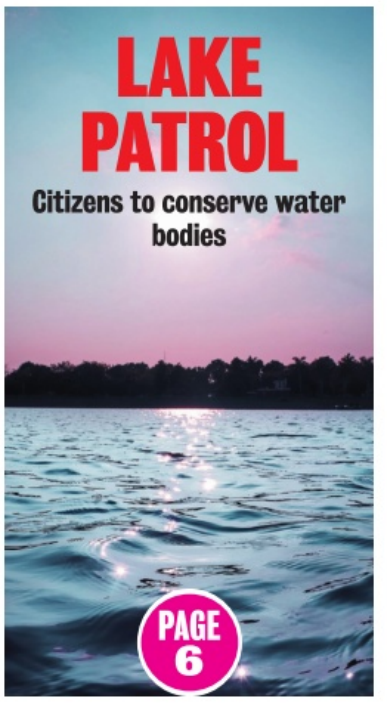
LAKE PATROL

Citizens to conserve water bodies



PAGE 6

3 THINGS TO DO

01 Grab the book

Here's some good news for bibliophiles, as 'The Ultimate Books and Stationery Fair' has started in the city. The fair is presented by Arc Stationaries in collaboration with Book Tale and Meehh.com. The event promises to be a haven for book enthusiasts, stationary aficionados, and anyone seeking top-notch printing solutions.
Where: Kalyani Kala Mandira, Doraisanipalya, 151/1, Bannerghatta Main Rd, opp. IIM, Panduranga Nagar;
When: until November 5; 10 am–10 pm

02 Musical moment

Grab the chance to attend an evening of music featuring Chandran Sankaran, a performing musician who has developed a deep appreciation for music. He has played more than 750 gigs in venues across continents.
Where: Atta Galatta, 178, 5th Main, 9th Cross, 1st Stage Indiranagar (opp Café Terra)
When: Saturday, October 28; 7:30 pm

03 Dance rhythms

Grab the chance to visit the 10th edition of Natya Parampara Utsav, presented by the Kuchipudi Parampara Foundation, Bengaluru. The event is curated by Deepa Narayanan Sashindran, a Kuchipudi exponent and life trustee of the foundation. The programme will honour the works of Kuchipudi Guru, Bhagavatula Mohan Rao, and Hari and Chethana, Kathak exponents.
Where: Seva Sadan Auditorium, Malleswaram;
When: Saturday, October 28; 6 pm onwards

Breach of exam ethics: Not so common now

Bangalore University sees 93% reduction in malpractice this year; expert says awareness programmes have been conducted to discourage students from indulging in such practices

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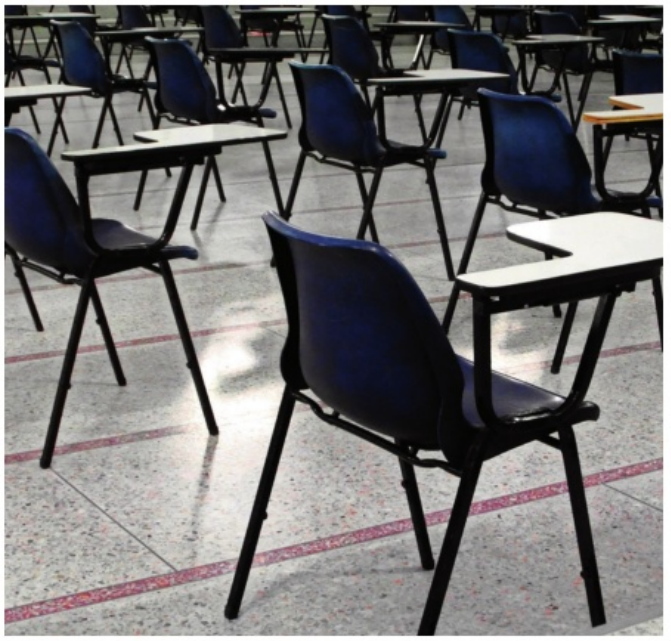

Reviewing past figures, 33 students faced malpractice-related debarment in 2019–20; 17 in 2020–21; and 29 in 2021–22

Are malpractice cases reducing at Bangalore University? It seems so when looking at the statistics. In 2022–23, 42 students faced exam debarment for engaging in malpractice. However, in the academic year 2023–24, this number has dwindled to just three. BU officials attribute this reduction to the implementation of stringent measures.

BU Registrar (Evaluation) C Srinivas said, "We have implemented various measures, including deploying a significant number of squad personnel. We have also appointed qualified individuals to the Board of Examiners. Awareness programmes have been conducted to discourage students from indulging in malpractice."

Approximately 1.10 lakh students in 295 affiliated colleges write exams every semester. Reviewing past figures, 33 students faced malpractice-related debarment in 2019–20; 17 in 2020–21; and 29 in 2021–22. Students caught for malpractice must appear before a committee after receiving a notice. This committee provides the students with a last chance to present their case before deciding on the appropriate punishment, which can range from fines to a multi-year exam debarment.

For a while now, BU has grappled with corruption and scams in evaluation. Earlier this year, the university uncovered a shocking incident where 41 answer scripts from the fifth semester BBA course were taken home by ex-students for 'writing answers at home'. These scripts were then filled with answers and returned to the exam hall for evaluation.

> **"We have implemented various measures, including deploying a significant number of squad personnel**
> – C Srinivas, BU Registrar (Evaluation)

In fact, since 2010, there have been several fraudulent activities related to examinations, and a CID inquiry was also initiated. There were allegations of a fake marks card scam wherein marks cards for an engineering course (civil engineering), issued during the year 2012 to a person residing in Dubai, were fabricated using the register number of a student who had completed the same engineering course in the year 1998–99. This came to light when the officials allegedly involved in the scam were preparing to give a degree certificate to the Dubai-based stranger in their 48th Mini-Convocation. When verified, it was found that the register number of the student belonged to a Tamil Nadu-based student who completed engineering from Ramanagara college during 1998–99. This particular student's documents were fabricated to benefit the Dubai-based fake certificate.

Not just that, in another case during the year 2011–12, the then officials at the university examination section allegedly helped around 1,126 candidates change their marks in the distance education examinations by appointing three custodians (continuously changing the officers) for one particular subject for which there is no provision in the university statutes. The third case was related to financial misappropriation at the examination section, wherein the officials at the university allegedly credited the university money to their personal bank accounts.

IISc decodes cellular healing

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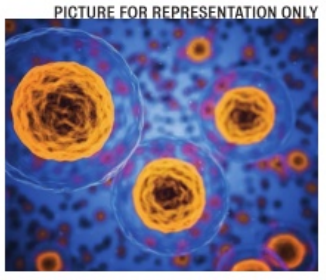

A team of researchers from the Indian Institute of Science (IISc) has come up with a better understanding of what happens to tissues during wound healing. Researchers say that understanding the influence of the microenvironment of a cell and tracking its biophysical parameters can provide a useful tool to distinguish between healthy and cancer cells too.

The team led by Namrata Gundiah, professor at the Department of Mechanical Engineering, and Paturu Kondaiah, professor at the Department of Developmental Biology and Genetics, has uncovered how the stiffness of a cell's microenvironment influences its form and function. They highlight that inefficient wound healing results in tissue fibrosis, a process that can cause scar formation and may even lead to conditions like cardiac arrest. Changes in the mechanical properties of tissues, like stiffness, also happen in diseases like cancer.

In the study, published in the Bioengineering journal, the team cultured fibroblast cells—the building blocks of our body's connective tissue—on a polymer substrate called PDMS with varying degrees of stiffness. They found that a change in stiffness altered cell structure and function. Fibroblast cells are involved in extensive remodelling of the extracellular matrix (ECM) surrounding biological cells. The ECM, in turn, provides the mechanical tension that cells feel inside the body. The team found that fibroblasts cultured on substrates that had lower stiffness were rounder and also showed cell cycle arrest, lower rates of cell growth, and cell death.

To pinpoint the "master regulator" that drives changes in the cell when substrate stiffness changes, the team focused on a protein called Transforming Growth Factor-β (TGF-β).

"While the TGF-β signalling cascade has been extensively studied in cancer, the influence of mechanical forces, such as substrate stiffness, has not been studied so far," said Brijesh Kumar Verma, former PhD student, Department of Developmental Biology and Genetics, IISc, and first author of the study.

The ECM surrounding different tissues has different levels of stiffness, from being soft around the muscle to very hard around the bone. To mimic this diversity, the team fabricated PDMS substrates of varying stiffness on which fibroblasts were grown. "You can use PDMS to create biocompatible materials with substrate stiffness over large orders of magnitude, from 40 kilopascals to more than 1.5 megapascals," explained Aritra Chatterjee, a former PhD student, Department of Bioengineering, IISc, and another author.

"When we did the activity-based assay for TGF-β, we found that when substrate stiffness increased, TGF-β activity also increased," added Verma. **— BMB**

Wildlife crime crackdown: Karnataka's paws for thought

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Karnataka Forest Minister Eshwar Khandre announced on Wednesday that a high-level committee had been formed to create public awareness and submit a comprehensive report on the measures to be taken to prevent the sale of products and articles made from body parts of wild animals, including tiger claws, tiger teeth, etc.

The committee will be headed by the Deputy Principal Chief Conservator of Forests-APCCF (Wildlife), Karnataka Forest Department. The Minister informed that a clear instruction regarding the same has been issued to the Deputy Chief Secretary of the department in this regard.

A tiger claw pendant seized by authorities

"The committee has been directed to submit a comprehensive report on the number of cases registered for possession of articles made from body parts of wild animals under the Wildlife Protection Act. The report will also include action taken in cases registered under such offences. The report will be submitted within a week," said Khandre.

The announcement came in the wake of the arrest of Bigg Boss Kannada season 10 contestant Varthur Santosh for allegedly wearing a tiger claw pendant. Santosh was arrested by the forest officials a couple of days ago. However, after the incident, the department received many complaints with photos of film actors and politicians wearing similar pendants. There is a growing demand for action to be taken against the offenders.

"All are equal before the law. Under the Wildlife Protection Act, it is an offence to possess articles made up of body parts of wild animals. The department will thoroughly investigate any such complaints," added Khandre.

Changing gears: Vision for enhanced BMTC

IISc survey reveals 30% of metro users turn to buses for commuting

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In an effort to boost BMTC ridership and enhance operational efficiency, Indian Institute of Science (IISc) researchers have offered recommendations. Their survey reveals that 30% of metro users rely on buses to fill the gaps in their commute.

IISc's Centre for Infrastructure, Sustainable Transportation, and Urban Planning (CiSTUP), in collaboration with the Bengaluru Metropolitan Transport Corporation (BMTC), organised a joint workshop recently to deliberate on research conducted by CiSTUP faculty and partners. The research aims to optimise BMTC planning and operations.

According to researchers, BMTC could improve ridership by increasing reliability rather than increasing frequency. In other words, BMTC could increase ridership without adding more buses but fine-tuning the existing system. It also found that bus routes that overlap with the metro lose their ridership, but bus services that complement the metro can benefit BMTC and BMRCL. They also suggested that BMTC needs to enhance the method to forecast bus ridership owing to factors such as last-mile connectivity, price change, metro expansion, changes in service and price of other modes. BMTC could also develop software technology to forecast route-level ridership and passenger kilometres.

According to their survey, 30 per cent of current metro travellers use the bus, and 15 per cent of metro users use non-walking modes. However, 95 per cent of people were found to be walking to bus stops. The research suggests that if bus and metro services are made available within a 1-4 km radius, 60% of people would choose either metro, bus, or a combination of both.

BMTC could increase ridership without adding more buses but fine-tuning the existing system

The research suggests that if bus and metro services are made available within a 1-4 km radius, 60% of people would choose either metro, bus, or a combination of both

In a study conducted with BMTC and Netradyne Technology India Pvt Ltd about the effectiveness of the BPL, they found that there was a 4-28 per cent improvement in bus services. In the worst conditions, BPL led to a 10 per cent improvement in services. They also found that drivers are more stressed during morning peak hours and the southwest trip.

Researchers also suggested a collaborative approach between ride-hailing service providers and the bus agency for meeting last-mile connectivity. Researchers applied the collaborative model to the KIA-10 bus route, and the simulations found that the introduction of collaborative services increased the profit and market shares of both bus agencies and RSPs. It also led to a slight dip in travel time and carbon emissions. Researchers also found problems with the existing journey planner tab under BMTC's app. It found that the app was slower than Google Maps and did not incorporate walking to bus stops. It also found that the app provides a lot of unnecessary information that leads to cognitive overload for the user.

Gaming giants hit with Rs 1 lakh crore in GST notices

GST authorities have issued show cause notices worth Rs 1 lakh crore to online gaming companies for tax evasion so far, a senior official said on Wednesday.

The official, however, said there is no data yet of foreign gaming companies registering in India since October 1.

The government has amended the GST law, making it mandatory for overseas online gaming companies to register in India from October 1.

In August, the GST Council clarified that 28 per cent Goods and Services Tax (GST) would be levied on the full value of bets placed on online gaming platforms.

Since then, a host of gaming companies have received either an intimation notice or a show cause notice for short payment of GST.

"Online gaming companies served notices worth about Rs 1 lakh crore by GST authorities so far," the official said.

While gaming company Dream11 is reported to have received a show cause notice for evasion of Rs 40,000 crore, casino operators and gaming platform providers, like Delta Corp, have received notices from GST authorities in two instalments totalling Rs 23,000 crore for short-payment of taxes.

Online gaming companies have been approaching the High Courts against such GST demands, contesting the claims of revenue authorities. The online gaming companies claim they were paying taxes at the rate of 18 per cent as the games played on the platform were 'games of skill'. Delta Corp had approached the Bombay High Court challenging the GST demands.

The High Court of Bombay at Goa considered the writ petitions filed by the company and its subsidiaries on October 23, 2023, Delta Corp said in a regulatory filing on October 24. Separately, a show cause notice was sent to GamesKraft in September last year for alleged GST evasion of Rs 21,000 crore. – PTI

Bridge of endless delays

Prolonged delay in opening crucial railway over bridge creates chaos for Richards Town locals

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TWEETS @BangaloreMIRROR

The view of railway over bridge from Richards Town side; The tunnel under the railway over bridge connecting both sides of Rathan Singh Road

Residents of Richards Town are grappling with severe issues stemming from the prolonged delay in opening a crucial railway over bridge (ROB). This bridge serves as a lifeline for the Richards Town community, but several setbacks have plagued its completion.

The ROB was initially demolished a few months ago to make way for a new one, a joint project between the Southwest Railway and the Bruhat Bengaluru Mahanagara Palike (BBMP). Construction commenced last year, with a scheduled opening date in July 2023. However, the deadline has been repeatedly missed, primarily due to delays triggered by local protests and other factors. The deadline was extended to September, but the work is yet to be completed till date.

"We are facing a lot of problems due to the delay in completing the ROB construction work. We have a joint meeting with the BBMP authorities, railway authorities, and the traffic police to discuss the problems. We are very happy with the railway authorities for their cooperation, but we find it tough to connect with the BBMP authorities.

We have also brought the problems to the notice of local MLA Srinivas who assured to direct the BBMP authorities to fix the problems," said Richards Town Residents Association past president Ahmed Ali, adding that the BBMP authorities have to fill up potholes on the roads near three underpasses opposite Pulikeshinagar Police Station. Stating that the railway and BBMP authorities did not plan the ROB to facilitate two-way traffic, Richards Town Residents Association Vice President Anna Alex Jacob has said the pedestrians are facing many problems due to the removal of the foot overbridge. "The authorities told us that they would make a provision for footpaths on both sides of the ROB. We have been demanding the BBMP authorities to conduct a traffic flow study, but nothing has been done to date. Richards Town is known for transition traffic. Many senior citizens live in Richards Town. I want the authorities concerned to plan ahead of commencing the developmental works," said Anna Alex Jacob.

She opined that the authorities should have increased the width of the tunnel that connects Rathan Singh Road a little bit for the benefit of motorists, especially cars.

Demanding the BBMP authorities to fill up potholes and craters on the roads near the underpasses, Bharathinagar Residents' Forum president NS Ravi has said filling up potholes and craters would facilitate smooth movement of vehicles. "I want the BBMP authorities to develop and asphalt the service roads near the ROB. It will benefit people residing near the ROB. Many motorists are finding it tough to commute on the roads near the underpasses due to the potholes," said Ravi.

When this correspondent visited the spot, it was found that the construction work was almost completed, and the installation of one or two street light poles was pending at the entrance of the ROB near the mosque. Perhaps the BBMP authorities are waiting for the higher authorities to open the ROB for the public shortly.

> **"Richards Town is known for transition traffic. We have been demanding the authorities to conduct a traffic flow study, but nothing has been done** – Anna Alex Jacob, Richards Town Residents Association, Vice President

Pedestrian plight: Banashankari Junction needs skywalk

Commuters who regularly traverse the Banashankari vicinity are expressing their dissatisfaction over the absence of a foot-over bridge (FOB) that would connect the metro station and the Bangalore Metropolitan Transport Corporation (BMTC) terminal in the same area. They stress that the installation of such a bridge would significantly improve commuter convenience by allowing them to bypass congested junctions and access both public transportation systems with ease.

The Bangalore Metro Rail Corporation Limited (BMRCL) disclosed a plan to build a skywalk in January 2022, connecting the Banashankari temple in the area, the BMTC bus terminus (which also hosts the Traffic and Transit Management Centre) and the metro station. However, no progress on the project has been seen on the ground. The Banashankari metro station has been operational since June 2017 and is considered to be one of the stations that receives high footfall. The proposal for the FOB was first made in 2019 after Bangalore South MP Tejasvi Surya and R Ashoka, the local MLA, visited the area in November and suggested the officials propose a skywalk.

"The current junction design is just the left-over space from the many projects this junction has seen over the years. With oddly shaped traffic islands and pedestrian crossings that lead nowhere, the junction is a nightmare for pedestrians who have to navigate through heavy bus and vehicular movement. The people buying vegetables and fruits from the vendors must do so in the middle of the road with their backs to the traffic. A large amount of bus movement through the junction is evident by the makeshift bus stops all over the junction and the number of buses parked in the middle of the carriageway," the BMRCL proposal noted.

PICTURE FOR REPRESENTATION ONLY

Further, it said that the proposed Skywalk project will ensure smooth vehicular flow, designated bus stops, safe pedestrian access, and space for street vendors. "Directly connecting the Metro station and bus stand to pedestrians from the other side of the street, the skywalk will provide safe access to commuters from the TTMC and Metro station," it said while noting that the junction is an important mobility hub as it receives heavy traffic, and houses both metro and bus stations. — BMB

Notice

Mr. N. V. Raghavendra is purchasing a site measuring 40x30 among the sites divided in the property bearing Assessment No. 241/A, Khata No. 425, Site No. 3, 22nd Cross, Yashwanthpur Hobli, Bangalore North Taluk. In case of any objection or disputes, contact the below given numbers: 9845518188, 8884444222

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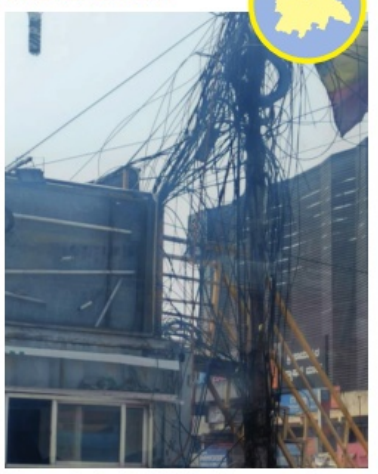

Marathahalli Bridge faces a wire entanglement issue, highlighting the city's cable chaos and posing problems for residents and commuters.

Leafy lodger
Vasanthnagar

Purna Prasad Road, Ward 93, Vasanthnagar, has undergone road sweeping, leaving piles of dry leaves that a stray dog now calls home. Frustrated residents call on the BBMP health inspector for cleanup and action.

Electrical hazard
Nandini Layout

The BESCOM Electrical Control Kiosk on 25th Main Road, BHEL Colony, Nandini Layout, near BHEL Park's southwest corner, is a safety concern with its wide-open door, risking potential accidents.

Foetus gender determination racket busted; 4 held

Four men have been taken into custody after the Baiyappanahalli police uncovered a racket aimed at determining the sex of the foetus. According to reports, the accused were involved in sex determination while conducting scans of foetuses in Bengaluru, Mandya, and Mysuru, where they would later abort the foetus based on gender. There are also rumours that a doctor is embroiled in the case and is now evading capture.

The scam was busted on the Old Madras Road during a normal vehicle inspection. A speedy car drove over the barricades without stopping, according to the FIR, while a group of police officers were inspecting cars under their jurisdiction.

The vehicle was stopped at NGF signal after the cops pursued it. After a lengthy interrogation, the police discovered that the two suspects in the car had discovered the sex of the foetus and were transporting the pregnant mother for an abortion.

In this case, police have taken four persons into custody and started a manhunt for a fifth. The individuals that were taken into custody were Siddesh, Nayan Kumar, Veeresh, and Shivalingegowda.

The foetus was aborted at a clinic managed by Veeresh's uncle in the city, where the accused took the pregnant woman after identifying its gender at a lab in Mandya, according to the police.

The persons arrested on charges related to the Prohibition of Sex Selection Act. The accused are being questioned by the police, who are also verifying the information of the women who had got abortions through them. **BMB**

Serial accident: Mother, child die

A woman and her seven-year-old son died after being caught in a serial accident on Tuesday morning close to the Horamavu bus stop on the Outer Ring Road.

The accident involved an SUV, a motorbike, an autorickshaw, and a stationary BMTC bus. It also injured four other people. The mother and the child were pillion riders on the bike.

At approximately 10.10 am, a speeding autorickshaw that was behind a BMTC bus collided on to its right side as it was stopping to pick up passengers at the bus stop next to the Horamavu underpass. As a result, the autorickshaw's front portion was totally smashed.

Arjun Bisht, 23, and his wife Khama Bisht, 22, were travelling in the autorickshaw from Sadananda Nagar to Sanjay Nagar at the time. The impact caused many injuries to Arjun and the accused driver of the vehicle. Khama was taken to the hospital after suffering injuries to her stomach; it was stated that she was seven months pregnant.

After noticing the collision, an SUV that was right behind them veered to the right to avoid colliding with the autorickshaw. The SUV struck the handle of a motorbike and three people riding on it fell as a result.

The rider of the bike Naresh suffered minor injuries, but his wife and son who were in the back seat suffered head injuries. They were both brought to separate hospitals, but they couldn't make it.

A case has been registered in the Banaswadi traffic police station.

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BE THE GUARDIAN OF GREEN SPACES

BBMP plans to involve citizens in monitoring activities of lakes and parks; citizens point out that few lakes and parks are missing from list of planned locations

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Now, here is your chance to take control of the parks in your neighborhood. For the first time, Bruhat Bengaluru Mahanagara Palike (BBMP) has come up with a suggestion where citizens can be part of the supervision. A recent notice from the civic agency invites interested citizens to provide their services in monitoring and maintaining the activities of lakes (Kere Mitra) and parks (Hasiru Mitra). Those residing in the same ward as that of the concerned lake or park can register on the BBMP portal by October 30. A BBMP official said that this is an opportunity for the residents to monitor the regular maintenance activities and condition of the lake or park, thereby helping Palike provide better services and understand the citizens' requirements. However, the residents allege that many parks and lakes are missing from the list where they can be registered.

Shekar G, a resident of Mallasandra, said, "A two-kilometre-long pipeline road has been converted into a park. In fact, this is one of the very few parks in Dasarahalli Zone. However, when you walk in this park, you feel as if you are walking amidst a garbage dump. There is literally no maintenance. Many times, we feel that it is better to walk on the road amidst the traffic than in the park. As residents, we literally have no say as to how to maintain this park. If the BBMP's intention is true and implemented in letter and spirit, then it may be a good scheme where the residents can play a very important role."

However, given the BBMP's past experience, residents still need to see if they really get the power to have a say, he added.

There are 1,190 parks in the city.

File photo of debris and garbage seen dumped inside Krishna Rajendra Park in Bengaluru; the park is situated at a walkable distance from BBMP headquarters

Out of these parks, Bengaluru East Zone has the maximum number of parks (284), followed by South-280, West-217, RR Nagar-125, Bommanahalli-110, Yelahanka-90, Dasarahalli-50, and Mahadevapura-34 parks. A majority of the parks in the city are literally in bad shape. For example, out of these 1,190 parks, 424 have play or gym equipment fitted in the parks. Shockingly, 28 per cent of the parks (119) have faulty equipment, which is potentially dangerous. Bengaluru East Zone has the most faulty equipment (52), followed by Yelahanka-30, Bommanahalli-11, Dasarahalli-10, RR Nagar-nine, Mahadevapura-three, and South and East have two faulty equipment.

The park users have said that it is high time the government and BBMP take an interest in maintaining parks.

> **"A two-km-long Pipeline Road has been converted into a park. However, when you walk in this park, you feel as if you are walking amidst a garbage dump. There is literally no maintenance**
>
> – Shekar G, a resident of Mallasandra

Bangalore Mirror

Community-led park care in Bengaluru

BM's report on October 20 about scheme to empower citizens to oversee upkeep of parks

Suneeta Kumar, a resident of Yeshwanthpur, said, "Parks play a very important role in a congested city like Bengaluru. Many of the areas in the city don't have wide roads and hardly any space for kids to play. So, the only option for the residents is to head to these parks. Despite requests from officials, nothing has been done to fix these equipment. So, if the faulty equipment cannot be replaced or fixed, then what is the purpose of the installation?"

Sources said that BBMP lacks funds to even fix these faulty equipment. "Once the equipment is fit, there is no provision for regular maintenance by the service providers. Once the service warranty expires, it is the responsibility of the respective joint commissioners to fix the park equipment.

However, no separate allocations were made for maintaining equipment at the park, and the respective zones will take up the repair work," said a BBMP official.

Dy CM stirs up row with plan to get Kanakapura into B'luru

Karnataka Deputy Chief Minister DK Shivakumar asserted on Wednesday that he will ensure the merging of Kanakapura with Bengaluru district.

While addressing a gathering at Kanakapura, DK Shivakumar said, "You are not from Ramanagara district. You are from the Bengaluru district. Let that sink into your mind. What did I say? You are from the Bengaluru district.

"We are from Bengaluru. Unnecessarily, they pushed us to Ramanagara district. Don't listen to others. We belong to Bengaluru, not Ramanagara. Not even Bengaluru rural-Bengaluru. I will do it," he added.

A contentious issue surrounding the jurisdiction of Kanakapura has come to the fore due to a heated verbal exchange between former Chief Minister HD Kumaraswamy and DK Shivakumar. The central point of contention is whether Kanakapura should remain part of Ramanagara district or be integrated into the state capital, Bengaluru.

DK Shivakumar's recent announcement that Kanakapura will be a part of Bengaluru in the future has stirred a row. HD Kumaraswamy accused DK Shivakumar of orchestrating a scheme to regularise alleged illegal activities around Kanakapura.

He questioned the ownership of properties in the area, the prevalence of benami transactions, and the existence of illegal encroachments. Kumaraswamy vehemently refuted DK Shivakumar's proposal to separate Kanakapura taluk from Ramanagara district and merge it with Bengaluru.

In his reply, DK Shivakumar said today, "I gave an open challenge to HD Kumaraswamy. I was ready to debate with Kumaraswamy. I am also ready to discuss with HD Kumaraswamy in the Assembly."

The dispute over Kanakapura's jurisdiction continues, with strong opinions on both sides regarding its potential impact on the region and its residents.

Kanakapura, about 55 km from Bengaluru, currently comes under the Ramanagara district that was created in 2007 when HD Kumaraswamy of the JD(S) was the chief minister. Before 2007, Kanakapura was under the Bengaluru Rural District. **–ANI**

Burning of waste unchecked in Varthur Kodi

CONTINUED FROM PAGE 1

their flats closed almost at all times. "I want the BBMP to take measures to clear the debris dumped in open places. The vacant places around the apartment complexes have become a destination for dumping waste and sludge by some individuals who own sewage suction tankers. Because of the burning of waste, around 2,000 residents are suffering," said Anupama K of Whitefield Rising.

Dr Payal Khandelwal, a resident, said burning of waste has become a health hazard for children. "Silver articles kept in the pooja room are turning black due to pollution. Many children are suffering throat, eye, and breathing problems due to pollution," said Dr Khandelwal.

Expressing concern over burning of waste in open places and dumping of debris in storm water drains, Vinita Ranade, a resident of Prestige Ozone, said the residents of the apartments have been suffering from the stench caused by illegal dumping in the storm water drain next to the property.

"We have caught on camera chemical waste being dumped and complained to the pollution control board which doesn't seem to be taking any action. Not only is the smell unbearable, many residents including seniors, and children, some of whom are infants, are now falling ill with acute respiratory issues," said Ranade.

Nitesh D, a resident of Prestige Ozone, said he himself caught sewage suction tankers releasing dirty water and sludge at a vacant spot. "We have raised the issue during the ward committee meeting. We have informed the police too. There was a lull for a few days but dumping of all types of waste is continuing without any fear or hurdle. We experience a foul smell between 6 am and 7 am daily. I want the authorities concerned to take suitable measures to stop dumping and burning of waste and releasing sewage or chemicals into the storm water drain," said Nitesh.

Karnataka State Pollution Control Board's (KSPCB) environmental officer for Mahadevapura region, Mahendra, wrote a letter on March 13, 2023 to the BBMP special commissioner of solid waste management directing him to take measures to stop dumping and burning of waste at open places. However, the dumping and burning are continuing till date.

"I have sent the samples of water and other materials to the laboratory. We are waiting for the report from the lab," said the environmental officer.

Fighting back: Early detection of cancer

Experts bat for regular cancer screening for those above 40 years of age; breast, oval cavity, cervix cancers remain most common cancers in our society

All individuals from age 40 years upwards should visit an oncologist once a year for an annual check-up. This check-up may include a basic blood profile and gender-specific and/or risk-specific tests. Experts say that almost one in every 10 Indians may be at risk of developing cancer in their lifetime. The risk increases with age. However, doctors say that there is nothing to worry about, as cancer can be cured if detected earlier. Some of the factors that may aid cancerous growth could be lifestyle factors, which include tobacco and alcohol, stress, poor physical activity, dietary factors, etc. Breast cancer, oral cavity cancer, cervix cancer, lung cancer, and colon cancer are the most common cancers in our society. All of these cancers can be diagnosed in the early stages, and most of them have pre-invasive (pre-cancerous) stages that can be diagnosed with simple tests and therefore can prevent the development of frank malignancy. Thus, screening programmes hold extreme value.

Experts say that there is a need to identify high-risk groups like people with certain addictions, occupations, family histories, etc. for screening and preventive programmes.

"This risk group can be subjected to focused counselling and testing. Patients who are already diagnosed with cancer and possibly not taking treatment due to poor social support or economic reasons should be identified, and a holistic approach should be taken to manage them adequately. There may not be enough facilities in the area where the patient stays. Hence, developing a care facility that includes talent and technology so that more and more people can be addressed is the key factor," said an expert.

The patient may not have enough information about his or her condition. This requires better communication on the part of the caregiver and the healthcare provider and also having more coordinators who can work to address these issues on a regular basis, they added.

Another expert said, "Prostate is the second most common cause of cancer and the sixth leading cause of cancer deaths in the world. In the past, whenever an individual was diagnosed with cancer, it would lead to anxiety. There are many instances where a patient gets depressed due to the fear of the disease and its treatment. However, over the years, there has been a lot of advancement in treatment for cancer, including surgical options like laparoscopic and robotic surgeries, along with targeted chemotherapy and stereotactic radiotherapy, leading to fewer post-treatment complications."

It's also very important to be a source of support for the patients, helping them battle the treatment and their mental health. Unlike cancers in adults, childhood cancers are not known to be caused by any specific environmental or lifestyle factors.

Expert recommendations for patient engagement strategies by healthcare providers should include risk stratification, or basically segmenting the population into risk groups, so that high-risk groups can be addressed appropriately. This also includes vaccination programmes and preventive care.

"There is a need for an outreach programme where healthcare providers reach out to high-need populations to close the care gaps. Patient education should be prioritised, as this can be done by reaching out to schools, colleges, and the workplace through marketing campaigns and media activities. There is a need to work towards addressing barriers like geographical area, racial bias, income group, and, of course, transportation. Please know that cancer can be diagnosed early when it is curable, but in some cases, it can also be prevented. If there are any suspicious lesions, then an oncologist would opt for a needle test or a biopsy. If the biopsy confirms cancer, we use certain biomarkers to decide upon the treatment, and along with it, we may do certain scans to stage the cancer," added an expert.

Periodical checkups are must

Experts say that women should undergo periodic checkups. "There is a need for regular health checkups, getting a breast and cervical cancer screening," said an expert. **-Prakash VL**

Advt

EMPOWERING WOMEN: YOUR GUIDE TO BREAST CANCER AWARENESS & PREVENTION

Breast cancer starts in the cells of the breast and can develop into a lump or tumour. It is more common in females, although it can affect males too. Reports published by the World Health Organization in 2023 suggest that breast cancer is the most common cancer among adults, with over 2.3 million new cases each year. It is also a leading cause of cancer-related deaths in women in 95% of countries. In India, over the past 26 years, the incidence in females has gone up by about 39%. According to 2020 data, breast cancer accounted for about 14% of all cancer cases and 11% of all cancer-related deaths in India.

Although the exact cause is not very well understood, it is thought to start due to abnormal genetic activity in breast cells. Hormones also seem to be involved, but scientists are still figuring out how they play a role in its development. Several studies have indicated that women gender, increasing age, inheriting certain genes (BRCA1 and BRCA2) from parents, positive family history, early menstruation and late menopause after 55 years of age are associated with increased risk. Although there is nothing that you can do about the above risk factors, there are several lifestyle-related factors that you can control.

By making healthy choices like limiting alcohol, staying at a healthy weight, being physically active, and considering factors like childbirth and breastfeeding, you can help lower your risk of breast cancer.

With the advent of modern medicines and advanced surgical procedures, the survival rates for breast cancer have improved drastically when diagnosed early. People with early-stage breast cancer have a 95% chance of surviving for five years as compared to only a 21% chance in the late stages. But in India, survival rates are not as good as in Western countries because of factors like younger age at diagnosis, late-stage detection, delayed treatment, and not getting the right care.

According to the World Cancer Report in 2020, the best way to fight breast cancer is to find it early and treat it quickly. Moreover, treating breast cancer costs more if it is found at a later stage. The most common early sign is discovering a new lump or mass in the breast. While painless, hard masses with irregular edges are more concerning, breast cancers can also be tender, soft, or painful. Every woman must remember that any new breast lump, change, or mass should be promptly checked by a skilled healthcare provider who specialises in breast health. Additionally, be vigilant for other potential signs like breast swelling, skin changes resembling orange peel texture, breast or nipple pain, nipple turning inward, redness or thickening of the nipple or breast skin, or unusual nipple discharge not related to breastfeeding. While these symptoms may have causes other than breast cancer, it is vital to report them to a healthcare professional for a thorough evaluation. Do not hesitate; early detection can make a significant difference in your health and well-being.

Dr C N PATIL
HOD and Lead Consultant - Medical Oncology & Haemato-Oncology

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'Must-win now' situation

KAUSHIK JN

Moeen Ali and other members of England cricket team at a practice session ahead of their match with Sri Lanka in Chinnaswamy stadium

Moeen Ali said on Wednesday that "everything is a must-win now" as faltering defending champions England face a Cricket World Cup day of reckoning. England tackle Sri Lanka in Bengaluru on Thursday knowing that a fourth defeat in five games will shatter any realistic hopes of sneaking into the quarter-finals. "We know we've been in this position before although probably not to this degree, but we know everything is a must-win," said Moeen.

"We have to get our confidence and perform well and bat and bowl and field better than we have done so far in this tournament." England's lone win came against equally hapless Bangladesh. They have lost to New Zealand, suffered a shock defeat to Afghanistan and then slumped to a 229-run thrashing at the hands of South Africa, conceding their highest total in a one-day international of 399. Injury-hit Sri Lanka have been just as underwhelming, also having just one win and three defeats. Moeen is England vice-captain but the 36-year-old veteran was dropped after the opening defeat to New Zealand and has been sidelined. He made just 11 runs in that game and failed to take a wicket. In all, he has made just one ODI score in excess of 50 in the last six years and sat out the 2019 World Cup final. Moeen did, however, feature in England's title-winning World Twenty20 team in Australia last year.

"It's very frustrating, obviously, because you want to play and make some sort of difference," added Moeen. "It's difficult when you're not winning and then when you're not playing on top of that, it's hard." Moeen believes England need to resort to the aggressive spirit of 2019 which took them to their memorable World Cup triumph over New Zealand at Lord's.

> **"It's one of those grounds where scoring is quick and batting deep makes a big difference** – Moeen Ali

However, he insists he is not advocating adopting 'Bazball', the free-wheeling style of play which has virtually revolutionised Test cricket in England. "Bazball is in Test cricket. One day cricket's different and we've been playing different all the time," he said. "We've been playing aggressive cricket since 2015 and done it quite well. "I think probably the lack of that way of cricket has probably cost us a little bit in this tournament..."

The M. Chinnaswamy Stadium is familiar territory for Moeen as it is where he plays franchise cricket for Royal Challengers Bangalore in the IPL. "It's one of those grounds where scoring is quick and batting deep makes a big difference. If I get the nod, then I'm really looking forward to playing." – AFP

Game is afoot

Bengaluru FC got their 2023 ISL campaign off the blocks with a win against East Bengal at home. The Blues took on second-placed FC Goa at the Sree Kanteerava Stadium here on Wednesday. None of the teams had scored a goal till the last minutes

PIC: KAUSHIK JN

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I, Shreedevi Goudar residing at GF-22, C- Block, Sai Nandana Apt, Kenchenahalli Main Road RR Nagar Bengaluru - 560098 I, state that Shridevi Hemareddi and the Shreedevi Goudar is the name of one and the same person and that is myself vide affidavait dated 25.10.2023 sworn before notary K V Prema Kumari Bangalore

I, Mohamed Younuss Saifulla S/o Saifulla, residing at No.42-D/1, Pipe Line road, Ilyas Nagar, J.P Nagar Post, Bangalore-580078 have changed my name to Mohammed Younus, affidavit dt: 25.10.2023, before notary R. Basavaraja, B.lore.

I, VARGHESE JOY V S/o. Joy V.J, residing at No. 147/B, 26th Main. 39th Cross, Jayanagar 9th Block, Bangalore South, Bangalore-560069, have changed my name to VARGHESE V.J, vide affidavit dated 21.10.2023, sworn before notary Hegde Ganapati Venkatraman, Bangalore.

I, Mallikarjun R/a No. T1-901, G M Infinite, Silverspring Filed, Hesaraghatta Main Road, Mallasandra, T. Dasarahalli, Bangalore 560057. I have changed my name to Mallikarjun Jabshetty. Vide affidavit dated 17-10-23. Sworn before notary V. Anjanapppa Bangalore.

I, ISHRATH FATHIMA T R., R/a#87, 2nd Floor, 3rd Main, Poornima Hospital Road, Kousernagar, RT Nagar, Bangalore-32, I, have changed my name to, ISHRATH FATHIMA Vide affidavit dated 21/10/2023 Sworn before Notary M. Rajendra Bangalore

I, Mamta R/a No. T1-901, G M Infinite, Silverspring Filed, Hesaraghatta Main Road, Mallasandra, T. Dasarahalli, Bangalore 560057. I have changed my name to Mamta Jabshetty. Vide affidavit dated 17-10-23. Sworn before notary V. Anjanapppa Bangalore.

I, Rukhabadar Mohammed yousuff W/O Mohammed Yousuff Ghouse #3/2 B'lor-32 have changed my name Rukha Badar A for all purposes.

I, VISHVANATHA SHOLINGUR THIRVENGADAN., R/at No.147, 14th Main Road 4th Block Near Mathodist Church Koramangala, Bengaluru-560034, have changed my name to VISHWANATH SHOLINGUR THIRVENGADAN vide affidavit dated: 21/10/2023 Before Notary K.V.Mani Bangalore.

I Raman Mohan S/O, Iqbal Narain R/o A1124, Block L, Gm Infinite Ecity Town 2, Thirupalya Road, Electronic City, Phase 1, Bangalore - 560100 have changed my name to Raman Mohan Chopra .

I Mahendra Udayavar Muddanna Shetty s/o Muddanna Shetty R/o #1133, 22nd C Main Rd, Sec-1,HSR Layout,B'luru-560102 have changed my name to Mahendra Shetty for all purposes.

I, Anumole Susamma w/o Varghese Thomas R/o #7 Gilgal 5th Cross Janani Enclave Hessargatta Main Rd Hurali Chikkanahalli B'luru-560090 have Changed my Name to Anu Varghese for all Purposes

I Ravi Gopal Shetti S/O, Gopal Shetty R/o #45,g-3, Gurupreeth Residency,4th Main,vinayaka Layout,boopasandra. Bengaluru 560094 have changed my name to Ravi Gopal Shetty .

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MIND, BODY & HEART

All you need to know about...

Warm-up routine

What happens when we warm up?
Everyone understands the benefits of warming up your muscles before a workout. But what happens when we warm up our muscles, and are all muscles the same? You might be shocked to learn that the science behind this commonplace activity hasn't always been obvious.

Improved exercise
In a study recently published in the Journal of General Physiology, a multi-institutional research team led by Osaka University, The Jikei University School of Medicine, and the National Institutes for Quantum Science and Technology revealed how heating affects muscle contraction and how this may benefit populations in need of improved exercise performance.

Right signals
Skeletal muscle contracts in response to electrical signals from the nervous system, which activate proteins in muscle cells and allow us to move. The team previously explored how cardiac muscle contractions are affected by temperature. Next, using muscle proteins and advanced microscopy, the research team wanted to determine how temperature affects skeletal muscle

Temperature sensor
The research team found that some of the proteins in the muscle cells act as a temperature sensor, and that heating affects skeletal and cardiac contractile systems differently. **–ANI**

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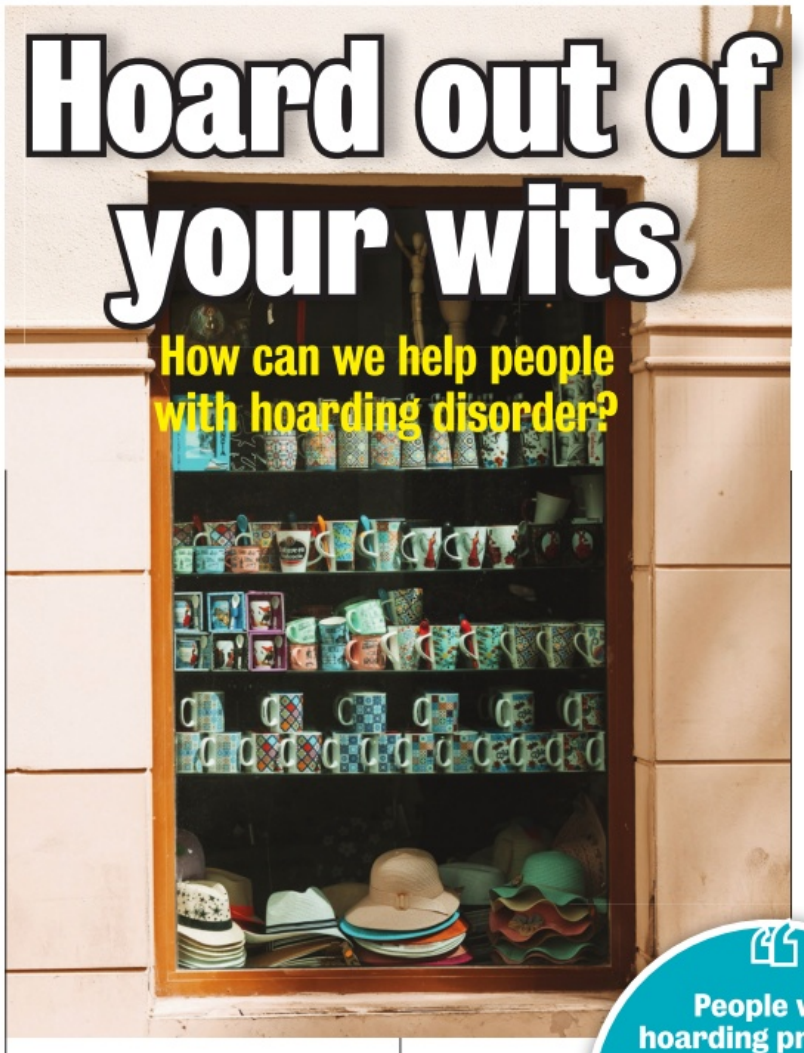
Hoard out of your wits



How can we help people with hoarding disorder?

Hoarding disorder is an under-recognised serious mental illness that worsens with age. It affects 2.5% of the working-age population and 7% of older adults.

People who hoard and their families often feel ashamed and don't get the support they need. Clutter can make it hard to do things most of us take for granted, such as eating at the table or sleeping in bed.

In the gravest cases, homes are completely unsanitary, either because it has become impossible to clean or because the person saves garbage. The strain on the family can be extreme – couples get divorced, and children grow up feeling unloved.

So why do people with hoarding disorder hoard? And how can we help?

What causes hoarding disorder?
Saving millions of objects, many worthless by objective standards, often makes little sense to those unfamiliar with the condition.

However, most of us become attached to at least a few possessions. Perhaps we love the way they look, or they trigger fond memories.

Hoarding involves this same type of object attachment, as well over-reliance on possessions and difficulty being away from them.

Research has shown genetic factors play a role but there is no one single gene that causes hoarding disorder. Instead, a range of psychological, neurobiological, and social factors can be at play.

Although some who hoard report being deprived of material things in childhood, emotional deprivation may play a stronger role.

People with hoarding problems often report excessively cold parenting, difficulty connecting with others, and more traumatic experiences.

They may end up believing people are unreliable and untrustworthy, and that it's better to rely on objects for comfort and safety.

People with hoarding disorder are often as attached or perhaps more attached to possessions than to the people in their life.

Their experiences have taught them their self-identity is tangled up in what they own; that if they part with their possessions, they will lose themselves.

Research shows interpersonal problems, such as loneliness, are linked to greater attachment to objects.

Hoarding disorder is also associated with high rates of attention deficit and hyperactivity disorder. Difficulties with decision-making, planning, attention and categorising can make it hard to organise and discard possessions.

The person ends up avoiding these tasks, which leads to unmanageable levels of clutter.

> **People with hoarding problems report cold parenting, difficulty connecting with others, and more traumatic experiences**

Not everyone takes the same path to hoarding

Most people with hoarding disorder also have strong beliefs about their possessions. For example, they are more likely to see beauty or usefulness in things and believe objects possess human-like qualities such as intentions, emotions, or free will.

Many also feel responsible for objects and for the environment. While others may not think twice about discarding broken or disposable things, people with hoarding disorder can anguish over their fate. This need to control, rescue, and protect objects is often at odds with the beliefs of friends and family, which can lead to conflict and social isolation.

Not everyone with hoarding disorder describes the same pathway to overwhelming clutter.

Some report more cognitive difficulties while others may have experienced more emotional deprivation. So it's important to take an individualised approach to treatment.

How can we treat hoarding disorder?
There is specialised cognitive-behavioural therapy (CBT) tailored for hoarding disorder.

Different strategies are used to address the different factors contributing to a person's hoarding.

Cognitive-behavioural therapy can also help people understand and gradually challenge their beliefs about possessions.

They may begin to consider how to remember, connect, feel safe, or express their identity in ways other via inanimate objects.

Treatment can also help people learn the skills needed to organise, plan, and discard.

Regardless of their path to hoarding, most people with hoarding disorder will benefit from a degree of exposure therapy.

This helps people gradually learn to let go of possessions and resist acquiring more.

Exposure to triggering situations (such as visiting shopping centres, op-shops or mounds of clutter without collecting new items) can help people learn to tolerate their urges and distress.

Treatment can happen in an individual or group setting, and/or via telehealth.

Research is underway on ways to improve the treatment options further through, for example, learning different emotional regulation strategies.

Sometimes, a harm-avoidance approach is best

Addressing the emotional and behavioural drivers of hoarding through cognitive behavioural therapy is crucial.

But hoarding is different to most other psychological disorders. Complex cases may require lots of different agencies to work together. For example, health-care workers may work with fire and housing officers to ensure the person can live safely at home.

When people have severe hoarding problems but are reluctant to engage in treatment, a harm-avoidance approach may be best. This means working with the person with hoarding disorder to identify the most pressing safety hazards and come up with a practical plan to address them.

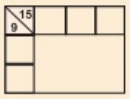
We must continue to improve our understanding and treatment of this complex disorder and address barriers to accessing help.

This will ultimately help reduce the devastating impact of hoarding disorder on individuals, their families, and the community.

(By Jessica Grisham, UNSW Sydney, Keong Yap, Australian Catholic University and Melissa Norberg, Macquarie University, The Conversation)

Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



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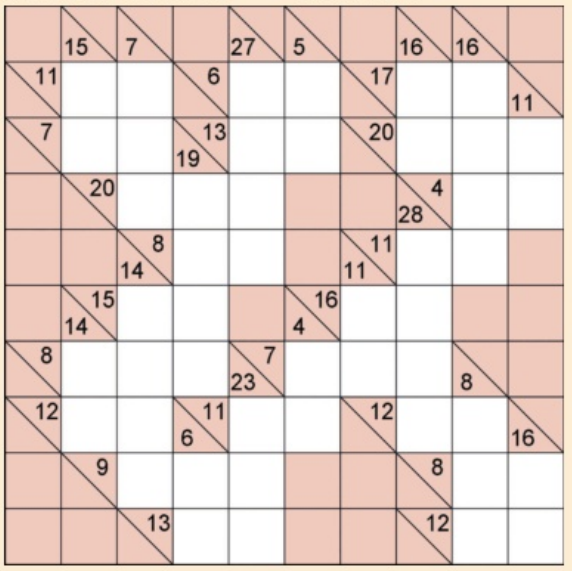

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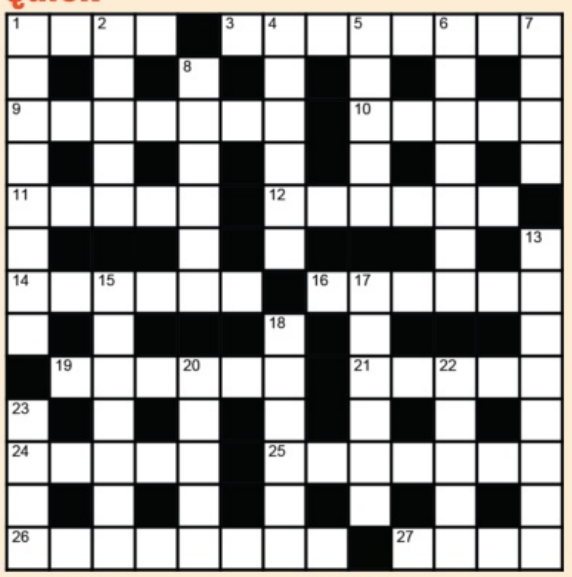


ACROSS

1 Grudging feeling (4)
3 Came after (8)
9 Lend a hand (4,3)
10 Town 60 miles inland from Calais (5)
11 Of birth (5)
12 He discovered gravity (6)
14 Employ (6)
16 Straw roofing (6)
19 Very thin (6)
21 Radiohead's Thom ___ (5)
24 Lineage or parentage (5)
25 Modified (7)
26 Laws (8)
27 Condition of a postmarked stamp (4)

DOWN

1 Makes better (8)
2 Manservant (5)
4 Pleasure trip (6)
5 Legal drama on TV (2,3)
6 __ __ on : leave in the lurch, in a way? (4,3)
7 Fight between two people (4)
8 Sharp bend (6)
13 Protected, defended or concealed? (8)
15 Temple town in Uttara Kannada (7)
17 High period (6)
18 Rotate (6)
20 India's first P.M. (5)
22 Classifies or ranks (5)
23 Flows back (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS P

EC SQPSHQ ATL PJLAEOQ TWO HPPIQO TL LFQ ALTYA QTKF WENFL, E'HH DQL LFQU'O HEMQ T HPL OECCQYQWLHU.

Linemaro

You are like a spring flower

Mindchow

If you master your time, you master life

Joke of the day

Lite: the new way to spell "Light," now with 20% fewer letters!

Loop

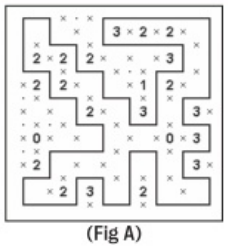
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

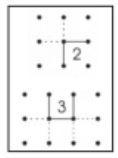
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

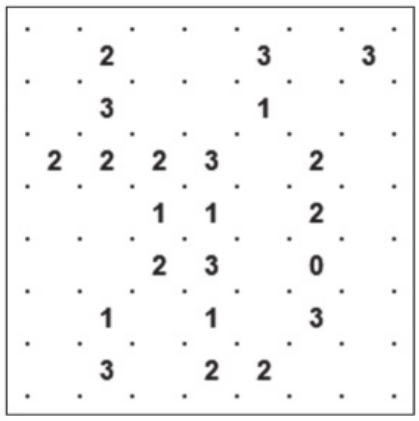
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



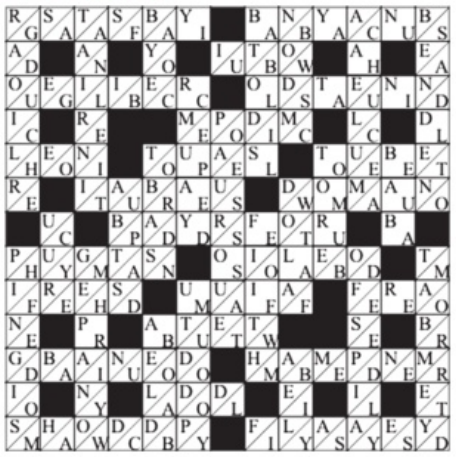
(Fig A)



(Fig B) Not Allowed



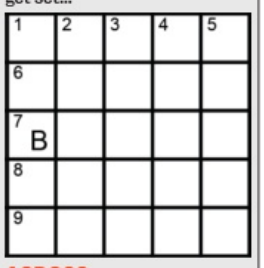
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

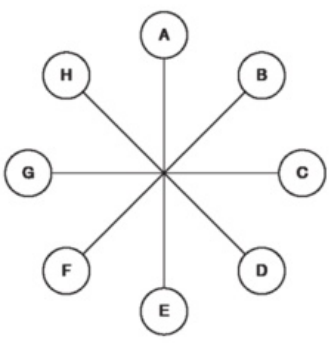
1 A plum; 6 Reb no; 7 Baled; 8 Hi tec; 9 So Hug

DOWN

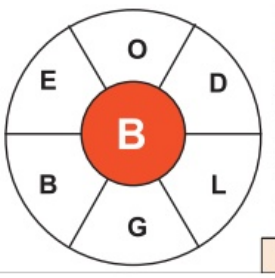
1 Babes; 2 Mo lot; 3 Rah up; 4 Gun id; 5 Cheel

Mensapuzzle

What letter is two letters away clockwise from the letter that is directly opposite the letter three letters away anticlockwise from the letter C?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; **08** Good; **10** Outstanding

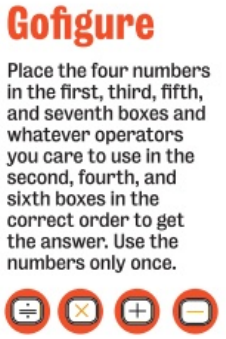
SudokuChallenge

		4				2		
2		5		8		1		9
1			2		4			8
	1		8		3		9	
				5				
	7		6		2		5	
6			4		7			3
8		7		9		4		5
		1				9		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 3

4 6 6 7

Medium = 38

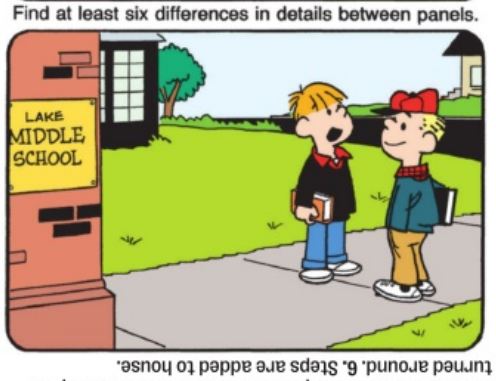
5 6 7 7

Hard = 3

2 5 9 4

Hocusfocus

Find at least six differences in details between panels.



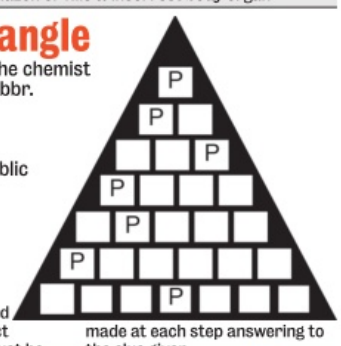
Differences: 1. Book is smaller. 2. Brick is different. 3. Cuffs are added to pants. 4. Tree is moved. 5. Cap is turned around. 6. Steps are added to house.

Riddler

A spoonerism is a pair of words that can have their initial sounds switched to form new words. The pairs need only sound the same, not necessarily be spelled the same (power saw & sour paw, horse cart & coarse heart). There may sometimes be one or two connecting words (kick the stone & stick the cone, king of the rats & ring of the cats). Given the following definitions, what are the spoonerisms? 1) uncommon violin & equitable puzzling question 2) light red equestrian riding gear & oar for a basin 3) ransack an emporium & suppress a bellow 4) Amazon or Nile & incorrect body organ

Alpha triangle

1 Phosphorus for the chemist
2 Public address, abbr.
3 Empty space
4 Throe
5 Parroting
6 Summoning in public
7 Breathless



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

WE'LL BE OUTNUMBERED, SO OUR ONLY HOPE IS HOW FIERCE WE LOOK TO THE ENEMY
7-29
SO, AT DAWN, I WANT EVERYBODY OUT WHERE THE ENEMY CAN SEE YOU!
...EXCEPT THAT CLOWN WAY IN THE BACK THERE!

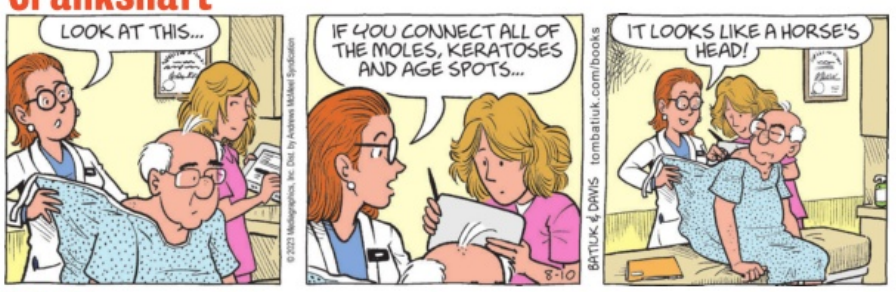
Bizarrotrip

Diamond Lil

Hart of the city

UGH. THERE'S DEAN. WITH HIS STUPID FACE.
HE'S PROBABLY READING UP ON HOW TO BE A JERK.
BUT I'LL GIVE THIS FRIENDSHIP ONE MORE SHOT.
I COULD REALLY USE THE HELP HUNTING GHOSTS...
ALRIGHT, JUST WALK OVER AND SAY SOMETHING.
HEY CHARLOTTE!
WHY ARE YOU TALKING TO YOURSELF?! WHO ARE WE HIDING FROM?

Crankshaft


LOOK AT THIS...
IF YOU CONNECT ALL OF THE MOLES, KERATOSES AND AGE SPOTS...
IT LOOKS LIKE A HORSE'S HEAD!
BATIUK & DAVIS tombatiuk.com/books

Mutts

WELL, EARL
I'M ALL PACKED AND READY TO GO HOME.
PACKED?
WHAT DID YOU PACK?
MY LIL PINK SOCK, A FROZEN CUSHTARD, VANILLA SHMILKSHAKE AND FOUR SHNOW CONES!
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may find your life becoming challenging. Seek advice from your elders to navigate the situation. Patience is key. Concerns about your kids' education may trouble you, and you might consider a short trip related to their academics. Investors are advised to refrain from speculative investments.

Taurus Apr 21 – May 20
Today, you may feel dissatisfied, and the results of your hard work may disappoint you. Before entering into a new contract, it is advisable to read documents carefully. Consider the possibility of investing in assets and trust your intuition when making investments in fixed assets.

Gemini May 21 – Jun 21
Today, you may be occupied with social gatherings and family events, which can expand your network. Planning a short work-related trip may also be on your agenda. Sibling disputes may find resolution, and your subordinates may cooperate to complete a challenging project. Maintain patience when interacting with others.

Cancer Jun 22 – July 23
Today, you may be engaged in family get-togethers, fostering a polite demeanour that enhances your image among relatives and friends. You might spend on acquiring artefacts and other items to elevate your social status. You may hear some good news from one of your close relative.

Leo Jul 24 – Aug 23
Happiness surrounds you today, enabling you to enjoy your daily work. Your vitality will help you make challenging decisions, which should lead to future profits. Planning a work-related trip is in the cards. Subordinates and colleagues will support you in completing your tasks on time, and students may find increased focus in their studies. Be mindful of your eating habits to avoid stomach issues.

Virgo Aug 24 – Sep 23
Today, you may feel dull, and sleeplessness can affect your mental and physical health. Concerns about the health of a family member may also weigh on you. Unnecessary expenses may impact your savings, and you might find yourself the target of a conspiracy, so it's advisable to keep an eye on your opponents.

Libra Sep 24 – Oct 22
You begin your day with happiness. At work, making quick decisions may bring benefits in the near future. Anticipate a new source of income that can boost your savings. Collaborating with your partner, you may invest in a business that holds profit potential. Improved understanding with your spouse will contribute to domestic harmony.

Scorpio Oct 23 – Nov 22
Today, you may be occupied with work at the office, potentially leading to a lack of time for your family. With the blessings of elders, job seekers may secure higher positions, and managers could earn promotions to top management. You may get rewards, enhancing your status and professional performance.

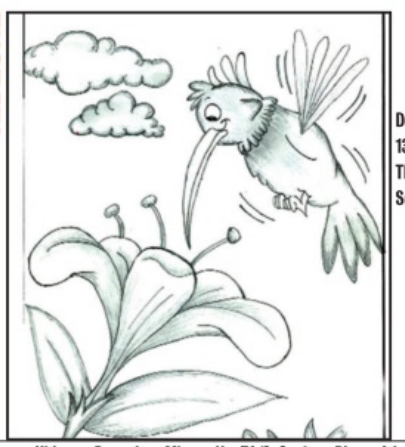
Sagittarius Nov 23 – Dec 22
Today, you may be content and patient, which will reflect positively in your work. Completing tasks efficiently is in your cards. Consider planning a visit to a religious place or making a donation to a charity. Lovebirds may develop trust in their relationship, and you'll be better equipped to handle your opponents.

Capricorn Dec 23 – Jan 20
Today, unhappiness may overshadow your mood and impact your work, potentially causing delays in your projects. This might affect your reputation both professionally and domestically. It's advisable to avoid adventurous tours or reckless driving. Lovebirds may experience a breakup, and job seekers may face disappointments in their job search.

Aquarius Jan 21 – Feb 19
Today, you'll experience positive vibrations around you, with things under control. Consider starting a new business in partnership and expect the possibility of long-distance travel. Strengthen your bond with your spouse, fostering domestic harmony.

Pisces Feb 20 – Mar 20
Today, you may perform at your best in the office, building a strong rapport with your boss. New responsibilities related to promotions may come your way. Chronic health issues may see improvement, and you may receive incentives for your work. Sibling disputes may find resolution, and job seekers may secure new jobs.

KIDZONE



Denisha J, 13 Years, The I.C. School

Amog Kishen, 9 Years, Carmel School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
((¼-⅓)⁻¹) - ((⅓-½)⁻¹)
((1/20)⁻¹) - ((1/6)⁻¹)
=14

BULL'S EYE
bled, blob, bode, bold, bole, globe, gobble, GOBBLED, lobe, lobed

FAST FIVE

A	M	P	U	L
B	O	R	N	E
E	T	H	I	C
B	L	A	D	E
S	O	U	G	H

QUOTE UNCODE
If people sat outside and looked at the stars each night, I'll bet they'd live a lot differently.

STRIKE OUT

S	H	O	D	D	Y	■	F	L	A	Y	E	D	■	■
I	N	■	A	D	D	I	■	L	■	E	■	■	■	■
G	A	I	N	E	D	■	H	A	M	P	E	R	■	■
N	■	R	■	B	U	T	T	■	E	■	R	■	■	■
I	R	E	S	■	M	U	F	F	■	E	R	A	■	■
H	U	M	A	N	■	O	I	L	E	D	■	T	■	■
■	C	■	P	A	Y	S	■	O	R	■	A	■	■	■
E	■	T	U	B	A	S	■	W	O	M	A	N	■	■
H	O	N	■	O	P	A	L	■	T	U	B	E	■	■
C	■	E	■	E	P	I	C	■	C	■	D	■	■	■
U	G	L	I	E	R	■	O	S	T	E	N	D	■	■
A	■	A	■	Y	■	I	B	O	■	A	■	A	■	■
G	A	T	S	B	Y	■	A	B	A	C	U	S	■	■

QUICK

S	T	A	T	U	T	E	S	■	U	S	E	D	■	■
B	■	N	■	R	■	T	■	Y	■	E	■	E	■	■
E	■	A	■	E	■	R	■	D	■	A	■	L	■	■
S	K	I	N	N	Y	■	Y	O	R	K	E	■	■	■
■	S	■	O	■	G	■	E	■	I	■	■	■	■	■
E	N	G	A	G	E	■	T	H	A	T	C	H	■	■
C	■	E	■	G	■	■	U	■	S	■	■	■	■	■
N	A	T	A	L	■	N	E	W	T	O	N	■	■	■
A	■	E	■	G	■	I	■	K	■	L	■	■	■	■
H	E	L	P	O	U	T	■	L	I	L	E	■	■	■
N	■	A	■	D	■	U	■	A	■	A	■	U	■	■
E	N	V	Y	■	F	O	L	L	O	W	E	D	■	■

MENSA PUZZLE
F.

RIDDLER
1) rare fiddle & fair riddle,
2) pink saddle & sink paddle,
3) rifle a store & stifle a roar,
4) long river & wrong liver

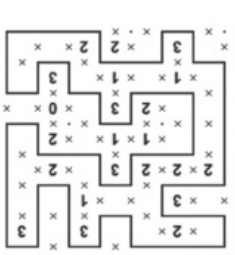
SUDOKU

3	4	1	5	6	8	9	2	7
8	2	7	3	9	1	4	6	5
6	5	9	4	2	7	8	1	3
9	7	8	6	4	2	3	5	1
4	6	3	1	5	9	7	8	2
5	1	2	8	7	3	6	9	4
1	9	6	2	3	4	5	7	8
2	3	5	7	8	6	1	4	9
7	8	4	9	1	5	2	3	6

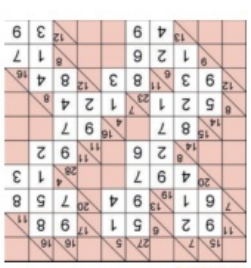
ALPHA TRIANGLE
P, PA, GAP, PANG, APING, PAGING, GASPING.

GO FIGURE
Easy
7 − 6 + 6 − 4 = 3
Medium
7 × 7 − 5 − 6 = 38
Hard
5 − 2 + 9 / 4 = 3

LOOP



KAKURO



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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Fourth venture

Director-cum-producer Manju Maskal Matti aka MMM is excited about the launch of his fourth movie Varahachakram.

The shooting began on Wednesday at Gudibande in Chikkaballapur. "I had the privilege of introducing Haripriya through my movie Manasugala Maathu Madhura in 2008. My other movies are Gowriputra and Yugapurusha. I incurred a huge loss for bankrolling Yugapurusha and distributing a few Kannada movies. Now, I have embarked on a new movie," said Matti over the phone.

Varahacharam has an ensemble cast including Prema, Bhanuchandar, Arjun Dev, Rana, Imran, Aryan, Prathik Srinivas, Neha, Chaitra, Ananya, Jahnavi, Chi Gurudutt, and Shobharaj.

"The movie is about how youths are addicted to mobile phones and how they are ruining their future due to this. The movie aims to convey a message on the importance of punctuality. We come across many youths commuting in a hurry while browsing on their mobile phones," said the director.

From MBA to acting

It is quite heartening to see highly qualified people entering Sandalwood to try their luck. The latest is Bhargav, a gold medalist in MBA, who has joined the list.

"I am a hardcore fan of Dr Rajkumar. Acting in movies has been my passion since childhood. I acted in Parishudham which completed 25 days of screening recently. I learnt action under the guidance of stunt master Chamaraj. I did not join any film institute. I began my acting career with 'Dating with Sunny', a web series. Director Karthik Venkatesh has selected me to act in Parishudham after watching my performance in it," says Bhargav.

His movies Viparyasa, Vidhura, and Aagodella Olladakke are scheduled for release next month. "I want to act in movies that can be watched by families. I want to play police officers. I have agreed to act in a Kannada and Telugu movie. Its shooting may start soon," he says.

The upcoming actor's dream is to open old age homes for senior citizens at all district headquarters in Karnataka. "I celebrate my birthday at Dharmasthala with my parents every year on October 24. I also visit orphanages," he says.

What a ride

Shraddha Kapoor takes her brand new 'chariot' to the temple

Actress Shraddha Kapoor recently added a vibrant red Lamborghini to her collection of vehicles. Spotted driving her new sports car, the actress playfully engaged with paparazzi, showcasing her signature charm in a light-hearted video that quickly went viral.

On the occasion of Dussehra, Shraddha Kapoor acquired a striking red Lamborghini Huracan Tecnica. On October 25, the 'Aashiqui 2' actress was captured cruising in her new ride, and her spontaneous exchange with the paparazzi drew attention. When asked about her destination, she revealed her plans to visit a temple. In response, Kapoor jokingly referred to her Lamborghini as a 'chariot' rather than a car.

After her interaction with the paparazzi, Shraddha proceeded to a temple, where she conducted a puja (prayer ritual) to bless her new vehicle. The actress lit incense sticks and waved them inside and outside the car, seeking divine blessings before embarking on her drive.

This joyful encounter showcased Shraddha Kapoor's off-screen personality and her enthusiasm for her new Lamborghini. Her friend had previously shared photos of her posing alongside the car, and she looked radiant in a pastel pink printed ethnic suit with matching pants and a dupatta.

On the professional front,

Shraddha's last appearance was in Luv Ranjan's romantic comedy 'Tu Jhoothi Main Makkar,' co-starring Ranbir Kapoor, which emerged as a tremendous commercial success. She has also commenced shooting for the horror comedy film 'Stree 2,' a sequel to the 2018 hit film 'Stree.'

–ETimes

True story

Businessman Raj Kundra opened up about his upcoming film 'UT69' and how challenging it was for him to associate with the project. He also spoke about his wife and actor Shilpa Shetty's apprehension after knowing about the movie.

The movie is all about his pain inside the Arthur Road jail in Mumbai for 63 days, directed by Shahnawaz Ali. Raj told ANI, "It is a true story from the time I entered the jail till I exited. It is all about my life there in 63 days. My troubles, safety issues, the relationships and friends I made there to food and drink. It is a slice of life and a serious topic told in a light-hearted way."

He added how Shilpa reacted after hearing about the entire concept of this film, "When I told my wife about this film, she told me,

'Raj you have been through so much in life, you really need this again. Again you will have to face trolls and reactions.' But when she heard the script, she said, 'You can do it."

"So, it is not easy for us to deal with all this. When I came out of jail I wore a mask as I didn't want to face the media. I was hurt by the media trial so that is how the mask came on. A few months later I met Shahnawaz and he discussed the topic and said we have to make this film..."

–ANI

Simply stunning

Actress Malavika Mohanan's Instagram profile is a treasure trove of all things bright and beautiful.

Most recently, she treated her fans to a mesmerizing series of photographs from a themed photoshoot that exudes timeless elegance and a touch of ethereal beauty. In these captivating images, Malavika Mohanan adorns a pristine white saree, paired with a ruched bralette blouse in the same hue. Malavika Mohanan also revealed that she has longed to bring this particular theme to life. Her desire to embrace a simpler, purer, and more utopian setting comes through vividly in these photographs. Accompanying the enchanting images is her contemplative caption, where she delves into the enchanting notion of a bygone era. "The idea of a far far away time has always fascinated me. A simpler time. A purer time..." she wrote.

–ETimes

'Cruel, hateful' comment about son broke Paris' heart

Paris Hilton has shared her heartache over the reaction to a recent photo of her 8-month-old son, Phoenix Barron.

The TV personality explained on her Insta Story how "unacceptable" it is for followers to "target" her child following the hurtful comments, reports People magazine.

Earlier, Hilton, 42, posted a series of photos of her son, whom she shares with her husband Carter Reum, on Instagram to mark his first trip to New York City. A TikTok user pointed out the negative response the post received, prompting Hilton to reply that her "angel is perfectly healthy" and "just has a large brain."

As per People, Hilton expanded on her response to comments about Phoenix's head in an Instagram Story post on Monday. She wrote: "Living life in the spotlight, comments are inevitable, but targeting my child, or anyone else's for that matter, is unacceptable."

Hilton wrote that the public's response has "deeply" hurt her. "This hurts my heart more deeply than words can describe. I've worked hard to cultivate an environment that is all about love, respect, and acceptance, and I expect the same in return," wrote the new mom. The star added that navigating motherhood as a social media personality has put her under scrutiny.

"If I don't post my baby, people assume I'm not a great mother and if I do post him, there are some people who are cruel and hateful. I'm a proud working mom and my baby is perfectly healthy, adorable and angelic," Hilton wrote.

"I've dreamt of being a mom for as long as I can remember," she explained. "Every day with him is a reminder of what truly matters."

Hilton concluded: "It's hard to fathom that there are people in the world who would target such innocence. I hope that people can treat one another with more kindness and empathy."

–IANS